

WESTERN CAPE CYCLING

together with CAPE METROPOLE

PRESENTS

Western Cape Track & Para Cycling Championships 2025

Faure Stadium, Paarl



Saturday 15 November @ 09h00 - Registration from 07h30			Sun 16 November @ 09h00 - Registration from 07h30	
DAY 1: Session 1 - SATURDAY 15 NOVEMBER				
No.	Event name	Category	Comment	Round
1	4000m individual pursuit	Elite men	Medals for top 3	Finals
2	3000m individual pursuit	Junior men	Medals for top 3	Finals
3	4000m individual pursuit	Elite women	Medals for top 3	Finals
4	3000m individual pursuit	Masters men 35-39	Medals for top 3	Finals
5	3000m individual pursuit	Masters men 40-44	Medals for top 3	Finals
6	3000m individual pursuit	Masters men 45-49	Medals for top 3	Finals
7	2000m individual pursuit	Masters men 50-54	Medals for top 3	Finals
8	2000m individual pursuit	Masters men 55-59	Medals for top 3	Finals
9	2000m individual pursuit	Masters men 60+	Medals for top 3	Finals
10	2000m individual pursuit	Masters women 45+	Medals for top 3	Finals
11	3000m individual pursuit	Junior women	Medals for top 3	Finals
12	1000m individual pursuit	Girls u11	Medals for top 3	Finals
13	1500m individual pursuit	Girls u13	Medals for top 3	Finals
14	1500m individual pursuit	Girls u15	Medals for top 3	Finals
15	2000m individual pursuit	Girls u17	Medals for top 3	Finals
16	1000m individual pursuit	Boys u11	Medals for top 3	Finals
17	1500m individual pursuit	Boys u13	Medals for top 3	Finals
18	1500m individual pursuit	Boys u15	Medals for top 3	Finals
19	2000m individual pursuit	Boys u17	Medals for top 3	Finals
20	4000m team pursuit	Masters men 35+	Medals for top 3	Finals
21	4000m team pursuit	Open ladies (Jr & Elite)	Medals for top 3	Finals
22	4000m team pursuit	Open men (Jr and Elite)	Medals for top 3	Finals
23	200m sprint - qualifiers	Elite men	4 fastest riders to final	Finals
24	200m sprint - qualifiers	Junior men	4 fastest riders to final	Qualifiers
25	200m sprint - qualifiers	Boys u17	4 fastest riders to final	Qualifiers
26	200m sprint - qualifiers	Open ladies - Jun/Elite/Masters	4 fastest riders to final	Qualifiers
27	200m sprint - qualifiers	Masters men 35-49	4 fastest riders to final	Qualifiers
28	200m sprint - qualifiers	Masters men 50+	4 fastest riders to final	Qualifiers
Interval 15 minutes				
29	500m tt	Girls u11	Medals for top 3	Finals
30	500m tt	Girls u13	Medals for top 3	Finals
31	500m tt	Girls u15	Medals for top 3	Finals
32	500m tt	Girls u17	Medals for top 3	Finals
33	500m tt	Boys u11	Medals for top 3	Finals
34	500m tt	Boys u13	Medals for top 3	Finals
35	500m tt	Boys u15	Medals for top 3	Finals
36	500m tt	Boys u17	Medals for top 3	Finals
37	500m tt	Masters ladies 35+	Medals for top 3	Finals
38	1000m tt	Elite women	Medals for top 3	Finals
39	1000m tt	Junior women	Medals for top 3	Finals
40	500m tt	Masters men 60+	Medals for top 2	Finals
41	500m tt	Masters men 55-59	Medals for top 3	Finals
42	500m tt	Masters men 50-54	Medals for top 3	Finals
43	1000m tt	Elite men	Medals for top 3	Finals
44	1000m tt	Junior men	Medals for top 3	Finals
45	1000m tt	Masters men 35-39	Medals for top 3	Finals
46	750m tt	Masters men 40-44	Medals for top 3	Finals
47	750m tt	Masters men 45-49	Medals for top 3	Finals
48	TT	Para C3, C4, C5	Separate Medals per age cat	Finals
Medal ceremony				
Lunch for 60 minutes				
Session 2				
49	Team sprint	Open women (Jr & Elite)	Medals for top 3	Finals
50	Team sprint	Open men (Jr and Elite)	Medals for top 3	Finals
51	Team sprint	Masters men35+	Medals for top 3	Finals
52	5km scratch race	Boys u17	Medals for top 3	Finals
53	5km scratch race	Masters men 50+	Medals for top 3	Finals
54	7.5km scratch race	Jr & Elite & Master Women	Separate Medals per age cat	Finals
55	7.5m scratch race	Masters men 35-49	Medals for top 3	Finals
56	7.5m scratch race	Junior men	Medals for top 3	Finals
57	10km scratch race	Elite men	Medals for top 3	Finals
Interval 15 minutes				
58	1500m	Boys u17	Medals for top 3	Finals
59	1500m	Jr & Elite & Master Women	Separate Medals per age cat	Finals
60	1500m	Boys U15	Medals for top 3	Finals
61	1500m	Girls U17	Medals for top 3	Finals
62	1500m	Masters men 35-49	Medals for top 3	Finals
63	1500m	Masters men 50+	Medals for top 3	Finals
64	1500m	Junior men	Medals for top 3	Finals
65	1500m	Elite men	Medals for top 3	Finals
End of Day 1				

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Saturday 15 November @ 09h00 - Registration from 07h30			Sun 16 November @ 09h00 - Registration from 07h30	
DAY 2: Session 1 - SUNDAY 16 NOVEMBER				
No.	Event name	Category	Comment	Round
66	Match sprint	Elite men	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 1
67	Match sprint	Elite men	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 1
68	Match sprint	Junior men	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 1
69	Match sprint	Junior men	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 1
70	Match sprint	Boys u17	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 1
71	Match sprint	Boys u17	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 1
72	Match sprint	Open ladies - Jun/Elite/Masters	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 1
73	Match sprint	Open ladies - Jun/Elite/Masters	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 1
74	Match sprint	Masters men 35-49	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 1
75	Match sprint	Masters men 35-49	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 1
76	Match sprint	Masters men 50+	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 1
77	Match sprint	Masters men 50+	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 1
78	Match sprint	Elite men	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 2
79	Match sprint	Elite men	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 2
80	Match sprint	Junior men	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 2
81	Match sprint	Junior men	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 2
82	Match sprint	Boys u17	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 2
83	Match sprint	Boys u17	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 2
84	Match sprint	Open ladies - Jun/Elite/Masters	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 2
85	Match sprint	Open ladies - Jun/Elite/Masters	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 2
86	Match sprint	Masters men 35-49	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 2
87	Match sprint	Masters men 35-49	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 2
88	Match sprint	Masters men 50+	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 2
89	Match sprint	Masters men 50+	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 2
90	Match sprint	Elite men	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 3
91	Match sprint	Elite men	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 3
92	Match sprint	Junior men	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 3
93	Match sprint	Junior men	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 3
94	Match sprint	Boys u17	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 3
95	Match sprint	Boys u17	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 3
96	Match sprint	Open ladies - Jun/Elite/Masters	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 3
97	Match sprint	Open ladies - Jun/Elite/Masters	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 3
98	Match sprint	Masters men 35-49	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 3
99	Match sprint	Masters men 35-49	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 3
100	Match sprint	Masters men 50+	Ride for 3 rd place medal – best out of 3	3 rd and 4 th ride 3
101	Match sprint	Masters men 50+	Ride for 1 st and 2 nd places – best out of 3	1 st and 2 nd ride 3
102	3km scratch race	U11 boys	Medals for top 3	Finals
103	3km scratch race	U13 boys and U15 girls	Separate Medals per age cat - top 3	Finals
104	3km scratch race	U17 girls	Medals for top 2	Finals
105	3km scratch race	U15 boys	Medals for top 3	Finals
106	Elimination	Junior men	Medals for top 3	Finals
107	Elimination	Elite men	Medals for top 3	Finals
Medal ceremony				
Lunch for 45 minutes				
Session 2				
108	Individual Pursuit	Para C3, C4, C5	Separate Medals per age cat	Finals
109	1500m	Boys U11	Medals for top 3	Finals
110	1500m	Boys U13 and girls U15	Seperate Medals per age cat - top 3	Finals
111	Keirin	Junior men	Top 4 to finals - event 127	Heat 1
112	Keirin	Junior men	Top 4 to finals - event 127	Heat 2
113	Keirin	Elite men	Top 4 to finals - event 128	Heat 1
114	Keirin	Elite men	Top 4 to finals - event 128	Heat 2
115	Keirin	Boys U17	Top 4 to finals - event 129	Heat 1
116	Keirin	Boys U17	Top 4 to finals - event 129	Heat 2
117	Keirin	Jr & Elite & Master Women	Separate Medals per age cat	Finals
118	Keirin	Masters men 55+	Medals for top 3	Finals
119	Keirin	Masters men 50-54	Medals for top 3	Finals
120	Keirin	Masters men 45-49	Medals for top 3	Finals
121	Keirin	Masters men 35-44	Medals for top 3	Finals
122	3km points race	Girls U17	Medals for top 3	Finals
123	3km points race	Boys U15	Medals for top 3	Finals
124	15km points race	Jr & Elite & Master Women	Separate Medals per age cat	Finals
125	7.5km points race	Masters men 50+	Medals for top 3	Finals
126	7.5km points race	Boys U17	Medals for top 3	Finals
127	30km points race	Elite men	Medals for top 3	Finals
128	20km points race	Junior men	Medals for top 3	Finals
129	10km points race	Masters men 35-49	Medals for top 3	Finals
130	Keirin	Elite men	Medals for top 3	Finals
131	Keirin	Junior men	Medals for top 3	Finals
132	Keirin	Boys u17	Medals for top 3	Finals
Interval 20 minutes				
133	30km Madison	Open men (jr, elite & masters)	Medals for top 3	Finals
Medal ceremony				
End of day 2 and Close of Champs				